# Hematocrit (Hct) Lab Values (OLD VERSION)

The hematocrit (Hct) value measures the volume of blood that is made up of red blood cells, and is expressed as a percentage. Increased levels of Hct can be seen in patients who live in a high altitude or in those with polycythemia. Falsely high levels occur in patients who are dehydrated, due to reduced blood volume. Decreased Hct levels can be caused by anemia, hemorrhage, or overhydration.  As a general rule, hematocrit is three times the value of hemoglobin (Hgb) in a healthy individual (example: 12 g/dL Hgb x 3 = 36% Hct).

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**Men: 40% - 54%**
Man with (40) oz - (50) Cent with (4) Fork
Hematocrit levels are typically higher in men than in women. A normal Hct value in a healthy male should range from 40-54%.

**Women: 35% - 47%**
Woman with (30 Dirty-bum and (5) Hand - (40) oz - Lucky (7) Slot-machine
Hematocrit levels in women typically range from 35-47%, and are expected to be lower than the Hct levels of their male counterparts.

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